

STAYING WELL

Color Your Way to Health

Adults aged 60 years or older should eat 2 to 2 1/2 cups of vegetables daily to stay healthy. Eating a variety of colorful vegetables provides key nutrients such as vitamins/minerals, fiber and antioxidants that protect against chronic diseases like diabetes and high blood pressure.

RED: Red Peppers, Radishes, Radicchio, Rhubarb, Tomatoes

YELLOW/ORANGE: Butternut Squash, Carrots, Pumpkin, Summer Squash, Sweet Potatoes, Corn

GREEN: Asparagus, Broccoli, Brussel Sprouts, Green Cabbage, Celery, Cucumbers, Spinach, Peas, Green Peppers, Zucchini

BLUE/PURPLE: Purple Cabbage, Eggplant, Beets, Purple Potatoes

WHITE/TAN: Cauliflower, Jicama, Kohlrabi, Mushrooms, Onions, Parsnips, Potatoes, Onions, Turnips,

Roasted Tomato and Spinach Pasta

Ingredients:

- 1 (14 oz) can roasted or Italian tomatoes, drained
- 1 (13 oz) can chopped spinach, drained and rinsed
- 8 oz whole wheat spaghetti
- 1 tsp Italian seasoning
- 5 Tbsp parmesan cheese

Directions:

1. Rinse canned spinach and drain tomatoes, set aside.
2. Follow package directions to cook spaghetti, drain.
3. Add Italian seasoning, spinach, and tomatoes to the spaghetti. Stir until heated through.
4. Top with parmesan and serve.

